



# What families are saying....

All parents need some quality time away from their children. Parents need time to be alone or to have time to renew and refresh important relationships. They need time without their children to relax and enjoy themselves, or simply to be able to do needed chores that are hard to accomplish when a dependent child is around.

All children need time away from their parents in order to grow and to learn to be more independent. Children also need time alone, time to attend to important relationships without being under the watchful scrutiny of parents; and time to have fun and explore what it means to with people their own age.

The additional responsibilities that can occur when raising a child with a disability often results in parents having a hard time trying carve out time for themselves, and they may have difficulty arranging quality time for their children. This brochure describes the variety of strategies families can use to obtain needed respite and to develop a healthy, more connected lifestyle for their family members.



Respite is not a luxury.  
It is a vital necessity.

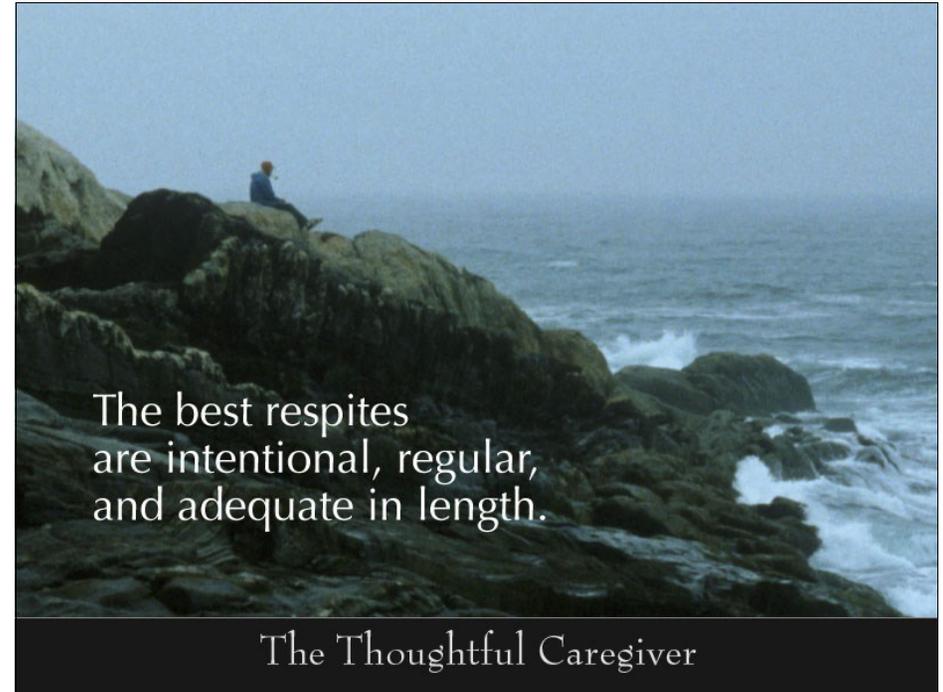
The Thoughtful Caregiver

This product was developed through the National Community of Practice for Supporting Families of Individuals with I/DD. More at [supportstofamilies.org](http://supportstofamilies.org)



## WHAT FAMILIES NEED TO KNOW ABOUT

# Respite



The best respites  
are intentional, regular,  
and adequate in length.

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The development of successful respite, like most good things that happen in our lives, requires planning and thoughtful action. The greater the variety of respite strategies that families choose to explore, the greater the likelihood that they are able to create the healthy lifestyle that works for them.



CT Department of Developmental

Services  
[ct.gov/dds](http://ct.gov/dds)



CT Council on Developmental Disabilities  
[ct.gov/ctcdd](http://ct.gov/ctcdd)



# Respite Options

**FAMILY GROUPS:** Families can create a strong network of support where siblings, extended family members, neighbors, friends, and others all help to ensure that each family member have the respite and social opportunities they need to reduce and to have a healthy balanced life. Families can also participate in family support groups to learn strategies to help grow and expand their network of support and to help remind them how to foster quality social time as an important part of their family routine. The Family Support Network is funded by DDS to help families discover ways that family-to-family support can help them to be a stronger, more networked family. CTFSN.org.

**ASSISTIVE TECHNOLOGY:** Families use assistive technology to help ensure that their child who has a disability can be more independent. Increased independence allows families more flexibility and increases opportunities for children and their parents to go their own ways for periods of time. Families can visit one of the five technology demonstration sites in CT to learn about the different types of assistive technology that is available to help support increased independence. <http://cttechact.com/>

**COMMUNITY SUPPORTS:** Families can connect their child to inclusive community activities. Participation in these activities allows the child to have greater independence away from their families and gives parents the freedom to attend to other things while their child is busy connecting and making friends with others. DDS funds Best Buddies and Special Olympics to help individuals participate in inclusive recreation activities. DDS also has recreation staff available in each region to help families to connect to inclusive activities in their communities. <http://www.bestbuddiesct.org/site/>, <http://www.soct.org/>

**ELIGIBILITY SERVICES:** CT DDS private agency aging services, veteran services and other social service agencies also provide respite services. Families can call 211 or search 211 resources at <http://www.211ct.org/informationlibrary/DocumentsAdultRespiteCareChildrensRespiteCare.asp> for additional respite information about respite services available in CT. Families are also encouraged to contact the CT Lifespan Respite Coalition to learn about the many ways that this organization works to address the respite needs of families. <http://ctrespite.org/> CT DDS respite providers can be found at <http://www.ct.gov/dds/cwp/view.asp?a=3620&q=424134>.

**DDS FAMILY GRANTS:** Families who have children who live in their home and who are not receiving DDS waiver services can request one-time Individual and Family (IFS) grant funding to cover expenses that cannot be covered by other resources. IFS grants are not intended for routine or ongoing supports and services but can be used to pay for temporary or one-time respite or recreation supports. Requests for grant funding can be made to the Regional Helpline or to an assigned case manager. These funds are subject to availability. Families can use this funding to hire friends and family members to provide respite or companion services, or they can hire an agency to provide these services. DDS has a contract with Rewarding Work to assist families to find staff to provide respite and other in-home services. Rewarding Work is an online service <http://www.rewardingwork.org/>. Families can find agencies who provide respite services at <http://www.ct.gov/dds/cwp/view.asp?a=3620&q=424134>.

**DDS RESPITE:** Due to the complexity of their child's health or behavioral needs, some families need to ensure that specialized support is provided when their child participates in activities when the parent is not present. For these individuals, 24 hour overnight respite is available at the DDS Respite Centers operated and staffed by DDS. Respite Centers are also open full weeks during the summer and some school vacations. Both overnight and hourly respite are available as services to individuals enrolled in the department's Home and Community Based Services (HCBS) Waivers. Additional information about DDS respite can be found at <http://www.ct.gov/dds/cwp/view.asp?a=2042&q=391124>.